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ABSTRACT

This book presents six units filled with games, hints, and special game variations for teaching elementary school physical education classes. It is intended to help physical education teachers increase the time students are active in class, minimize discipline problems, develop healthy attitudes that lead to a lifetime of physical activity, save lesson preparation time, and keep students motivated and challenged. It provides complete descriptions, nearly 200 illustrations, and proven plans to make the units and games easy to teach. Part 1, "Physical Education Units, Games, and Activities that Involve Everyone," includes (1) Physical Education Units" (e.g., ball handing and manipulative skills) and (2) "Supporting Games and Activities" (e.g., traditional games with a new twist). Part 2, "Supplemental Ideas for Physical Education," includes (3) "Ideas for Behavior and Class Management" (e.g., first week of school); (4) "Student Incentives and Motivational Ideas" (e.g., in-school and after-school running programs); and (5) "Informing and Educating Parents" (e.g., brochure, newsletter, student information card, and finale). (Contains 14 suggested readings and references.) (SM)

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